



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Worcestershire School Health Nursing Service



Tel: 01562 514555/514637

Provided by:



In partnership with:



School Health Nursing Service



Introduction

School Health Nurses are registered nurses who have undertaken specialist training in public health for children, young people and families. All children who attend Worcestershire schools have a named School Health Nurse who offers a confidential service and provides support and advice to children, young people and their families.

They are supported by Health Care Support Workers who aid the delivery of the service. They work with local communities, families and individual children in different settings to provide a link between school, home and community, promoting the safeguarding and wellbeing of children and young people in the following ways:

Home visits	Advice on:
National childhood measurement programme	Enuresis (bedwetting)
Hearing screening	Top-Tips on Fussy eaters
Health needs assessments	Sleep and Good bedtime routine
Safeguarding	Head Lice
Liaison and referrals	Allergies
We offer support after A&E /hospital discharge	Immunisation advice
Health promotion: Dental Health, Infection Control,	
Healthy Eating	
Signposting to other services	

Enuresis

Bedwetting or Nocturnal enuresis is when a child unconsciously wets the bed when they are asleep. It is not the child's fault and it doesn't mean that they are lazy. Bedwetting affects half a million children and teenagers in the UK

Top Tips

- Make sure they poo regularly (at least 4 times a week) and treat any underlying constipation issues
- Assess and treat any daytime wetting issues
- Make sure they fully empty their bladder before going to sleep
- Drink plenty during the day, make sure they have 6-8 glasses of water based drinks
- Avoid fizzy drinks, dark squash and caffeine, these can have a diuretic effect on the bladder
- Make sure they fully empty their bladder before going to sleep

Fussy Eaters

Top-Tips

- Go with the flow. Don't turn mealtimes into a battle. Don't force them to eat it. Stay positive.
- No threats or bribes. Praise good eating behaviours e.g.: table manners, trying new food.
- Get them involved: Let them help with meal planning, shopping, cooking and serving food.
- Eat together: Model normal, healthy eating habits. Talk and have fun.
- Time limits: Set meal/snack times so your child is actually hungry at mealtimes.
- Change the way the food is presented, a child may not like cooked carrots but enjoy it raw or grated
- Portion sizes: Have increased dramatically in the last 20-30 years. So much so that it's hard for us to recognize what a normal portion looks like!
- Me size meals
- A good way to tell how much your family needs is to use their fist for a portion size. So a three year old should eat about a fist of rice, a fist of beans, a fist of chicken and a fist of vegetables. Make sure it is their fist, not yours!
- This is the same for a child or adult of any age.



Sleep

Sleep is extremely important it supports children's development both physically and mentally.

Establishing good sleep patterns can help children to reach their full potential.

Turn off all electrical devices One hour before bedtime. Do something relaxing instead such as: Jigsaws, colouring, threading or building with bricks. The average 4-6 year old needs between 10 1/2 –11 1/2 hours sleep a night. Keeping your child to a regular bedtime routine can be difficult, but it can help to improve the quality of their sleep.

Good bedtime routine:

- Have a bath or shower
- Put on your pyjamas
- Brush your teeth
- Go to the toilet
- Read a book or Turn off the lights



Dental Health

If you are having difficulty finding an NHS dentist you can call NHS England on: 0300 311 2233 or visit NHS Choices at: www.nhs.uk

- Your child needs to visit the dentist twice a year
- Brush their teeth for 2 minutes twice a day
- Change their tooth brush every 3 months
- Limit sugary sticky foods and drinks to protect against tooth decay
- Until children are able to practice proper oral health habits alone, parents should help them brush
- Eat a balanced diet
- Drink lots of water

Reception Class

During your child's first year at school the Health Care Support workers will carry out a hearing screen on all reception children. If any problems with your child's hearing are identified they will be referred to the community clinic, for further assessment.

The National Childhood Measurement Programme

This is a national programme and every child in reception and year 6 are offered the opportunity to have their height and weight checked. We will then send a letter informing you of the results and the BMI category your child is in. You have the opportunity to opt your child out if you wish.

Support for parents

Support for parents is delivered by a wide range of providers. There are Local Authority-commissioned providers for each district who deliver support groups and programmes to help parents – these are often called parenting programmes. These services offer welcoming and supportive groups for parents (that are fun too!) to help with understanding more about their child or teenager. Many parents have said they feel calmer, more confident and have a better relationship with their child or teenager after attending a group.

Wyre Forest (10:32 – Barnardo's, Vestia and ContinU Trust)

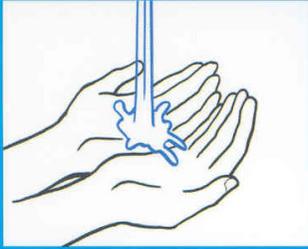
Call 10:32 Brookside Children's Centre on: 01562 827207

Email: 032WyreForest@barnardos.org.uk



Handwashing

- Wash your hands to.....
- To stay healthy and prevent the spread of GERMS.
- Germs are tiny bugs so small that we cannot see them with our eyes.
- Some germs are good and help keep us healthy but some germs can make us poorly.
- We all have lots of germs on our hands which spread easily from person to person.



Wet

NHS



Soap



Wash



Rinse



Dry

Stop germs spreading.
The power is in your hands.

IS YOUR CHILD READY FOR SCHOOL?

All children learn at different rates, this is just a guide



I can open my packed lunch and use a knife, fork and spoon



Eating

I enjoy stories, nursery rhymes and conversations

I can talk in sentences and people can understand me



Practice going to the toilet
Zips and Buttons

I can dress and undress myself

Speech and Language



4-6 year old children need 10.5-11.5 hours of sleep a night

I wear pants to school and I know when I need the toilet

Self Care

Switch electrical devices off 1 hour before bed



Good bedtime routine

Sleep



Telephone Advice Service: 0300 123 9551

Starting Well Partnership

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